

Bread for the Body, Bread for the Soul

Give us this day our daily bread.

MATTHEW 6:11

Written by Bill Perkins

Israel woke to manna.
Fresh. Enough for today.
Never for tomorrow.

If they tried to store it,
it spoiled.
The Father was teaching them a rhythm:
trust Me today.
receive from Me today.
walk with Me today.

Jesus carries that rhythm into the Lord's Prayer.
He is teaching us to ask for today's bread—
the provision our bodies need
for this day.

But He is also teaching us to ask
for today's bread
for our soul.

Later He would say
He is the bread for our soul. Jn 6:22–59
The manna His ancestors ate
pointed to Him.
The true daily bread is Christ Himself—
His life,
His presence,
His sustaining grace.

When we ask the Father for daily bread,
we are asking for the portion of food
we need to sustain our physical bodies

and the portion of Jesus we need today
for our souls.

But how do we receive the bread of life?

Jesus tells us:

His words are spirit and life.

We live not by bread alone,

but by every word

that comes from the mouth of God.

(Deut. 8:3, Matt. 4:4)

We receive Christ by consuming His word—

by taking in what He speaks

today.

Daily bread is daily Scripture.

Daily Scripture is daily Christ.

Daily Christ is daily life.

And you may not know this about Jesus:

He does not separate

bread for the body

from bread for the soul.

He teaches both at once,

as one petition,

and He ties both to Himself.

Bread for the soul

is the life of Christ

given to us today.

His word entering the places

where we are hungry,

empty,

or weary.

Bread for the body

is given by our Father—

enough for each day.

This is why Jesus said,

“Do not worry about tomorrow;

tomorrow will take care of itself.” Mt. 6:34

Your Father knows your needs.

Rather than worrying about today's provision,
"Seek first God's kingdom and righteousness," Jesus said,
"and all these things will be given to you." Mt. 6:25–34

Am I receiving today's portion for my body
and today's portion for my soul,
or trying to secure tomorrow on my own?

I can stop chasing tomorrow's bread
and feast on what God gives me today.

Father, give me today what You know I need.
Bread for my body
and bread for my soul—
let His words abide in me today.
I ask in Jesus' name.
Amen.